

Official WCDF competition dance description 2009

Life Is A Long Way To Run

Anita Wittenberg

Type : 24 Count, 2 Wall Waltz
Level : Novice
Music : "Life Is A Long Way To Run" by Dancelife (BPM 85)

**¼ TURN STEP, ¼ TURN STEP,
¼ TURN STEP BACK, STEP BACK,
¼ TURN STEP, DRAG**

1 RF ¼ turn right step forward
2 LF ¼ turn right step side left
& RF ¼ turn right step back (9:00)
3 LF step back
4 RF ¼ turn right step side right
(12:00)
5,6 LF drag to RF

**KNEE SWIVEL, KICK, STEP, SLIDE,
DRAG**

7 LF swivel knee in front of right leg
8 LF kick diagonally left
9 LF step next to RF
10 RF slide side right
11 RF drag towards LF
12 RF drag next to LF

**CROSS, STEP, ¼ TURN CROSS,
STEP BACK, ½ TURN STEP,
¾ TURN RONDE´**

13 RF step diagonally forward left
14 LF step side left
& RF ¼ turn right cross in front of LF
15 LF step back
16 RF ½ turn right step forward
17,18 RF ¾ turn right sweeping LF (6:00)

**STEP, ¼ TURN STEP, ½ TURN,
STEP BACK, ½ TURN STEP,
STEP BACK ½ TURN**

19 LF step forward
20 LF ¼ turn left step RF next to LF
21 ½ turn left weight on both feet
22 LF step back
23 RF ½ turn right step forward
24 LF step back ½ turn right